



Navy Drug Detection and Deterrence News

Page 1
THC & CBD in Drinks:
What to Look For,
Messages to Share

Page 2
Red Ribbon Week
2019, Mental Illness
Awareness Week,
Events

Page 3
What's the Scoop on
Dietary
Supplements?

Messages to Share

Below are sample messages that can be shared on social media or as Plan of the Week notes aligned with Navy Drug Detection and Deterrence's prevention efforts:

1. Birth control can help families take control of their fertility, but some habits can impact the user's health. Smoking or vaping can increase risk of high cholesterol, hypertension and stroke in people using birth control containing estrogen. Talk to your medical provider about quitting or learn about resources from You Can Quit 2 at YCQ2.org.
2. National Check Your Meds Day on October 21 is a great opportunity for patients to speak with a pharmacist to review and learn more about the medications and supplements they are taking, how to take them correctly and potential side effects or interactions. Check with a local pharmacy to see if they are participating.
3. National Prescription Drug Take Back Day is Saturday, October 26 from 1000–1400. It is a safe, convenient and responsible way of disposing of prescription drugs that you no longer need. For more information on collection sites, visit go.usa.gov/xnt4M, or check with your local MTF to see if they offer year-round disposal through a drop box.
4. Own Your Limits, the Department of Defense's new responsible drinking campaign is now live! Visit ownyourlimits.org to learn more about the campaign, find resources and download materials.

For help with a substance or alcohol use issue, contact your local DAPA , or call 1-866-U-ASK-NPC.

THC & CBD in Drinks: What to Look For

After the Agriculture Improvement Act of 2018 ("2018 Farm Bill") removed industrial hemp from the list of controlled substances, cannabidiol (CBD) products became ubiquitous. The recently released [ALNAV 057/19](#) forbids Sailors and Marines from "using products made or derived from hemp, including CBD, regardless of the product's THC concentration, claimed or actual, and regardless of whether such product may lawfully be bought, sold, and used under the law applicable to civilians." Furthermore, other than the prescription seizure medication Epidiolex, the US Food and Drug Administration (FDA) has not approved any CBD product. Sailors and Marines are advised to carefully examine ingredients in any product before consumption, particularly if stationed in or visiting a state with legal recreational marijuana, to avoid prohibited substances.

Effects of CBD

The FDA is investigating the physiological effects of ingestion of and topical exposure to CBD, the effects of cumulative exposure and the safety of CBD for special populations (including children, adolescents, the elderly and pregnant women) and certain animals. The [FDA](#) reported in July 2019 that among several CBD products tested, many did not contain the CBD levels claimed, and some have even been found to contain additives such as melatonin, Viagra, painkillers, pesticides and metals. Consumption of hemp- and cannabis-derived products is risky without FDA regulation. And while federal law prohibits the marketing of CBD products as a dietary supplement or as treatment/cure for any condition and the addition of it to food products, it is still common to see products marketed this way.

Popular CBD- and THC-infused Products

With so many products on the market, it may be difficult to know which to avoid. While **not** an all-inclusive list representing only a fraction of the THC- and CBD-infused beverage industry, the following popular brands contain prohibited substances: sparkling beverages and sodas such as Aurora Elixirs, Sprig and Canna Cola; waters such as Canna Nano, Endo Water and Recess; coffees and teas such as Kickback and Subtle Tea; wines and beers such as Know Label, Cannawine and George Washington's Secret Stash; and non-alcoholic beverages such as the fruit juice Vybes and the non-alcoholic THC-infused beer Two Roots. Numerous additional products should also be avoided.

Prohibited Ingredients

Terms such as **hemp**, **CBD**, **THC**, **hash**, and **canna** usually indicate that a product contains a prohibited substance. The CBD or THC content is sometimes clearly stated on the label, but sometimes, only a cannabis leaf is displayed, or ingredients such as "hemp oil" or "cannabidiol" may be listed in small, inconspicuous print. Carefully checking the ingredients is key to avoid consuming prohibited substances and to protect your Navy career.



Navy Drug Detection and Deterrence News

Red Ribbon Week 2019

Drug Enforcement Administration Agent Enrique “Kiki” Camarena was tortured and killed in Mexico in 1985. To honor his memory and fight against illegal drugs, friends and neighbors began wearing red satin badges as a symbol of their commitment to raise awareness of the violence and harms caused by drugs.

Parents, tired of the ills of alcohol and other drugs, began forming coalitions, some of which took Camarena as their model and embraced his belief that one person can make a difference. These coalitions also adopted the symbol of Camarena’s memory: the red ribbon.

In 1988, the National Family Partnership sponsored the first National Red Ribbon Celebration. Today, the Red Ribbon serves to mobilize communities in educating youth and encouraging drug prevention activities. The campaign has now reached millions of US children and families. The National Family Partnership and its network of individuals and organizations continue to deliver Camarena’s message of hope.

Red Ribbon Week is observed every year from October 23-31. This year’s Red Ribbon Week theme is “Send A Message, Stay Drug Free,” a call to action to speak out in support of making healthy choices and avoiding substance use. The theme is also a reminder that staying drug free sends a message to yourself and others about how much you value yourself as well as your overall health, community and future.

For more information on Red Ribbon Week and ideas to educate youth and help participate, visit redribbon.org.



Current and Upcoming Events

October DDD Webinars

All webinars are scheduled for 1000-1130 CT and 1700-1830 CT

9 – Processing Discrepancies in NDSP

23 – Failure to Meet Testing Requirements

To join, log on at go.usa.gov/xPPS2.

ADAMS for Leaders, DAPA, UPC & Drug Aware Courses

Can be accessed using your CAC by logging in to My Navy Portal (MNP) at my.navy.mil.

NMCPHC Women’s Health Month October

Find the toolbox at go.usa.gov/xVNTW.

Red Ribbon Week October 23-31

National Check Your Meds Day October 21

Prescription Drug Take Back Day October 26

Mental Illness Awareness Week

Congress established the first full week of October as Mental Illness Awareness Week in 1990, and ever since, mental health advocates have mobilized and equipped the public with knowledge of how mental illness impacts communities. This year, MIAW will be held October 6–12.

Mental health and substance use disorders are often connected. According to the Substance Abuse and Mental Health Services Administration’s (SAMHSA) **National Survey on Drug Use and Health**, 19.3% of US adults with mental illness also experienced a substance use disorder in 2018 (9.2 million individuals). Additionally, mental illness and substance use disorders are involved in one of every eight emergency department visits by a US adult (an estimated 12 million visits).

Reaching out for help for both mental health concerns and substance use issues is key to maintaining overall health. A command DAPA, chaplain or mental health provider can help Sailors get and stay on track when dealing with these concerns.

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What's the Scoop on Dietary Supplements?

The following article was submitted by Operation Supplement Safety (OPSS), a program under the Consortium for Health and Military Performance at the Uniformed Services University of the Health Sciences.

We all know that dietary supplements are commonly used by and heavily marketed to our military service members. Operation Supplement Safety (opss.org), established by the Consortium for Health and Military Performance (CHAMP) at the Uniformed Services University of the Health Sciences, is the DoD program for all information about dietary supplements. An updated OPSS website was launched in May 2019 with additional resources and enhanced features to educate and promote awareness about dietary supplement safety among Warfighters, healthcare

providers, leaders, family members, and the general public.

The OPSS website provides evidence-based information in the form of useful and interactive resources, including:

- A list of DoD-prohibited ingredients, which includes substances disallowed by FDA, DEA, and the U.S. Armed services
- The OPSS High-Risk Supplement List, which includes over 550 products that might pose a health or sport anti-doping risk
- An A-Z ingredient index with articles about individual dietary supplement ingredients
- The OPSS Interactive Scorecard, which features 7 questions to screen your supplements for safety
- An "Ask the Expert" feature to submit confidential dietary supplement-related questions
- A portal to report adverse events experienced from taking a dietary supplement
- Links to reliable resources such as the Natural Medicines database and drug-testing sites
- Educational articles, videos, infographics, and handouts about popular topics such as pre-workout, muscle building and weight-loss products, SARMS, CBD, and other emerging issues

Dr. Patricia Deuster, director of CHAMP, reports that "Operation Supplement Safety is the military's go-to resource for dietary supplements and other self-care products. We make sure the information is accurate through research and communication with our many other Federal agencies. To stay informed, sign up for the OPSS newsletter on the bottom of the home page."

